

AHTSEW Abbey Gathering, 4<sup>th</sup>–6<sup>th</sup> October 2019

**“ Discovering Connections”**

*Subject to adjustment*

**Friday**

- 4.30 Tea and greetings  
6.00 Supper  
7.15 Building bridges between consciousness Ken Price  
8.15 Informal discussion – the way forward - stepping stones, or minefields?

**Saturday**

- 9.30 New arrivals - introductions  
10.00 Jung and Pauli: Psychical and Physical – two branches, one tree Alan Underwood  
11.15 Exploring spiritual awareness – journey to wholeness Jonathan Robinson  
12.30 Lunch  
2.00 Outing to the Caerleon (Isca) Roman Baths  
4.30 Labyrinths, meanings and experiences Kenneth Rees  
6.00 Supper  
7.30 .....  
8.30 Epilogue & Circle dance  
9.00 Depart /retire

**Sunday**

- 9.30 Poetry (Haikus) /artwork Mary Cook  
10.00 *Mass*  
11.00 (Exploring connections between belly dance movements and chakra activation) Annarita Ressa  
12.30 Lunch  
1.30 Feedback: what connections have we each discovered?  
2.30 Departure

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*Booking individually online direct to Ty Croeso, Llantarnam Abbey*

*Fully residential: £120*

*Non-residential: £50*

*Saturday with lunch and tea: £20*

*Saturday with no meals: £9*

Llantarnam Abbey require a deposit of £50 (cheque to Ty Croeso Centre) by the end of August

Please inform me that you have booked at [maryfrechfa@yahoo.co.uk](mailto:maryfrechfa@yahoo.co.uk) 07794 294432